

# South Run RECenter

## Activities for the Holiday Season

### Group Fitness Schedule

November and December

703.866.0566

If you do not have a pass to the RECenter a \$6.20 (non-county \$8.25) general admission fee will be charged at the time of check-in. Calendar is subject to change, please call the RECenter with questions or concerns.

MON	TUES	WED	THUR	FRI	SAT	SUN
	<b>Exercise!</b>				Step it UP 8-8:55 AM Joyce/Nekea	
					Absolutely 9-9:30 AM Joyce/Nekea	Power Step 9-9:55 AM Regina/Loretta
	<b>XYO</b>		Senior Cardio 1-1:55 Nekea			Absolutely 10-10:30 Regina/Loretta
			Senior Stretch 2-2:55 Nekea			
	Low Impact 4:30-5:25 PM Ellen		Low Impact 4:30-5:25 PM Ellen		<b>SWEAT</b>	
	Low Impact 5:30-6:25 PM Ellen		Low Impact 5:30-6:25 PM Ellen			
Power Step 6:30-7:25 PM Joyce	Step It Up 6:30-7:25 PM Regina/Nekea	Power Step 6:30-7:25 PM Joyce	Step N Sculpt 6:30-7:25 PM Regina/Nekea			
Absolutely 7:30-8:00 PM Joyce	Power Step 7:30-8:25 PM Mona	Absolutely 7:30-8:00 PM Joyce	Power Step 7:30-8:25 PM Mona			
Cardio Kick 8-8:55 PM Nekea/Sara	Absolutely 8:30-9:00 PM Mona	Cardio Kick 8-8:55 PM Sara	Absolutely 8:30-9:00 PM Mona	Visit us on the web at <a href="http://www.fairfaxcounty.gov/parks">www.fairfaxcounty.gov/parks</a> 10/15/04		

Please let us know how we are doing.  
e-mail me at this address  
[Istrie@fairfaxcounty.gov](mailto:Istrie@fairfaxcounty.gov)

Please keep in touch!!!  
More and New Classes Forming  
For the Winter Session.

## **Class Descriptions**

### **Absolutely**

**This class hits the majors: The class emphasizes toning and strengthening of the abdominals and the glutes. (30 minutes)**

### **Cardio Kick**

**This high energy cardio class will tone your entire body plus teach you self-defense tactics. No contact required. (55 minutes)**

### **Low Impact**

**Take a class that is easy on the joints. Low impact classes offer an exciting, moderate intensity aerobic workout with less joint stress than traditional aerobics. (55 minutes)**

### **Power Step**

**The Ultimate in Step Aerobics! A class this intense will surely make you sweat! (55 minutes)**

### **Senior Cardio**

**Are you interested in increasing your heart and lung capacity, but like to be on land and not in the water? This is a class for you. Come pump the heart and lungs with appropriately designed aerobic activity and good music designed to get you moving. (55 minutes)**

### **Senior Stretch**

**This class is designed for a population that needs gentle stretching, stretching for functional activities and to feel better in your daily life. You can try the class even if you are not a senior, but need gentle stretching to help your body. (55 minutes)**

### **Step it Up**

**Pick up the Pace a bit. This beginner to Intermediate step class offers creative, challenging step routines that provide a total body workout. Take this next step if you have limited stepping experience. (55 minutes)**

### **Step N Sculpt**

**Get into shape with this class that steps you into fitness. You will use the step and get the heart rate pumping, while sculpting the body with toning exercises. (55 minutes)**